



Safeguarding Newsletter January 2021



Welcome to this half term's newsletter where we will be looking at a few topics which are particularly relevant at the moment. Once more we find ourselves in a national lockdown with parents and children undertaking home-learning, which puts a lot of added pressure on families. The most important thing to remember though is that everyone can only do their best and your best is not necessarily the same as someone else's best. If you are concerned about yourselves, your children or anyone else please do get in touch with myself (Michelle Margree) via school so that I can offer a listening ear, advice or signpost you to organisations that can help if need be.

Online Safety

With children now working remotely again we thought it would be a good idea to remind families of government guidance on how to keep children safe when they are online. When accessing Google Classroom or Google Meets children should use their school @nsix email address as these have tight controls on them. Furthermore, when taking part in a Google Meet children should be in a communal living space (not their bedroom) and be suitably dressed. We understand that in a busy household a child's bedroom may seem like the calmest place to access the Meet, in which case we would suggest that your child change their background. This can be done by clicking on the three dots at the bottom right of the Google Meet screen and choosing 'change background'. There are a whole range of interesting backgrounds to explore! It is also important to be aware what can be heard or seen in the background (if you have not changed to a computer generated background) during a class Meet.

We would also encourage you to ensure you have set up an appropriate level of parental controls on all electronic devices. If you are unsure how to do this then you can go to <https://www.internetmatters.org/> and click on 'Set Up Devices Safely', where you will find how to set up a range of devices.

Further useful advice regarding online safety can also be found on the following websites:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online including [online safety at home packs](#)
- [UK Safer Internet Centre](#) - advice for parents and carers

Financial Support

With many people being furloughed again or losing their jobs, some people are in need of further financial support. **The Norfolk Assistance Scheme** offer financial support by way of food, emergency cash or white goods. To find out more visit <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

If you are unsure whether you meet the criteria then ring NAS on 01603 223392 and explain the situation, if they cannot help they will signpost to other support agencies.

Furthermore, **Pink Orange** are offering ingredients kits for families with children in Norfolk who need a little extra support this winter. To find out more go to <https://www.pinkorange.co.uk/>. This can also be accessed via the Just One Norfolk home page.

I also have more information about some other grants available so please contact me (Michelle Margree) via the school office if you would like more information.

Mental Health

Negative experiences and distressing life events, such as the current circumstances, can affect the mental health of both children and their parents. Children may be experiencing a variety of emotions, such as anxiety, stress or low mood. It is important to contextualise these feelings as normal responses to an abnormal situation. Others will not be experiencing any challenges and will be content with the change in circumstances.

The [Just One Norfolk](#) website is a valuable resource for young people, parents and carers, offering advice on a range of things including:

- support for resilience, mental health and wellbeing including anxiety, bereavement and sleep issues
- support for pupils with additional and complex health needs
- supporting vulnerable children and keeping children safe

Other useful websites include:

- [MindEd educational resources](#) for adults about children and young people's mental health, which has a section for parents and carers

- the [Every Mind Matters platform](#), from Public Health England, which talks about how to look after your mental health

Following the success of Kooth, an approved app available to children over the age of 11 that offers online emotional and mental health support, Individed (<http://www.weareindivided.com/>) has now been produced for younger children. Individed helps parents understand and support the mental health of young people.

Domestic Abuse

Sadly, incidents of domestic violence are on the rise due to the current situation. Domestic abuse is any incident where there is control or coercion used. This means domestic abuse is not just limited to actual physical harm but also includes controlling someone's finances, who they can and cannot speak to, emotional harm and many more things besides. It is important to know that if you are at immediate risk of harm you can ring 999. If you can't speak or make a sound, listen to the operator's questions then tap the headset. If prompted, press 55. Your call will then be transferred to the police who will know it is an emergency.

There are other organisations who can also offer a range of help:

- Norwich Connect: www.spurgeons.org/norwichconnect- (01603 628122) - offer 1:1 support and therapeutic support amongst other things.
- Leeway: www.leewaysupport.org (0300 561 0077) – offer 24 hour telephone support as well as residential services. Leeway also offer a male advice line staffed by specialist male workers 10am to 12pm every Wednesday.
- National Domestic Violence helpline: www.womensaid.org.uk (0808 2000 247) 24 hour helpline and referrals to emergency housing.
- Respect Men's Advice line: www.mensadvice.org.uk (0808 801 0327)-advice and support for men experiencing domestic violence and abuse.

Other Useful Numbers

CADs (the Children's Advice and Duty Line)-03448008020 (If you are concerned about a child's welfare)

or

Early Help-Broadland-01603 217612/ City-01603 224101.

Red Cross: 0808 281 0000

Just One Number : 0300 300 0123

Samaritans: 116 123 free from any phone

Leeway: 0300 561 0077

Young Minds: 020 7089 5050

Childline: 0800 1111

Parentline: 07520 631590